

## What should you know to keep others from getting infected with HBV?

- Your sex partner should get hepatitis B vaccine. If not, you should use latex condoms correctly every time you have sex.
- All the people who live with you should get hepatitis B vaccine.
- Don't share anything that might have blood on it, such as a toothbrush or razor.
- If you shoot drugs, get help to stop or get into a treatment program. Don't share needles, syringes, cookers, cottons, water, or rinse cups. Get hepatitis A and hepatitis B vaccine.

**SAFER**  
sex



## You cannot spread HBV by:

- Sneezing or coughing
- Kissing or hugging
- Sharing eating utensils or drinking glasses
- Breast feeding
- Food or water
- Casual contact (such as an office setting)

For more information about hepatitis B, call  
**1-888-4-HEP-CDC**  
or visit our website at  
**[www.cdc.gov/hepatitis](http://www.cdc.gov/hepatitis)**

# If You Have Chronic Hepatitis B...



**Chronic hepatitis B is a life-long liver disease that can be spread to others**



DEPARTMENT OF HEALTH  
& HUMAN SERVICES

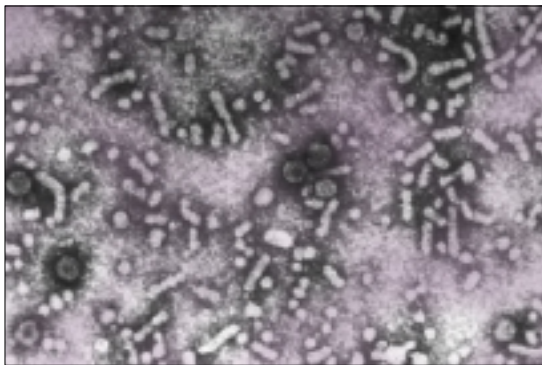
**CDC**  
CENTERS FOR DISEASE CONTROL  
AND PREVENTION

## What is chronic (life-long) hepatitis B?

Chronic hepatitis B is a life-long liver disease caused by infection with the hepatitis B virus, HBV for short. Some people who get infected never get rid of the virus. They stay infected for life, and can spread HBV to others. If you have had other types of hepatitis, such as hepatitis A or hepatitis C, you can still get hepatitis B.

1.25 million people living in the United States have life-long hepatitis B. Not all people who are infected with HBV look or feel sick; they can have the virus and not have symptoms or know they're sick.

Life-long infection increases your chance of getting cirrhosis (*si-RO-sis*, that is, scarring) of the liver or liver cancer. Each year, 5,000 people die as a result of liver disease caused by HBV.



Hepatitis B Virus

## How could you have gotten infected with HBV?

HBV is spread by blood and sex. You may have gotten infected if:

- You had sex with an infected person.
- Your mother had hepatitis B when you were born.
- You shared personal items that had infected blood on them, such as toothbrushes or razors.
- You shot street drugs.
- You are a health care worker and were exposed to infected blood.

## Is there medical treatment for you?

- Antiviral drugs are available that might reduce your chance of getting severe liver disease.
- Talk to your doctor to find out if you have liver damage and if these drugs would be helpful.
- The drugs are not approved for persons under 18 years old.
- You should not take these drugs if you are pregnant.

## What if you are pregnant?

HBV can be spread to your baby during birth, but this can be prevented.



- You should be sure that your baby gets a shot called H-B-I-G and the first dose of hepatitis B vaccine within 12 hours of birth.
- Your baby should get the second dose of hepatitis B vaccine at 1 to 2 months old and the third dose at 6 months old.
- Your baby should get a blood test at 9-15 months old to be sure your baby is protected.



Photo by Deblina Datta